

Crock Pot Vegetable Lentil Stew

Makes: 8 Servings

Ingredients

- 2 tablespoons** olive oil
- 2** bay leaves
- 2 teaspoons** salt (optional)
- 1** large onion, sliced
- 3** cloves garlic, minced
- 1 cup** carrot, chopped
- 2 cups** kale, chopped
- 2 cups** chard, chopped
- 2 cups** dried lentils
- 8 cups** vegetable broth (or stock)
- 1 can** chopped tomatoes (16 ounces)

Directions

1. Sauté onion and garlic with olive oil.
2. Combine sauté mix with the rest of the ingredients in a crock pot.
3. Cook on low for 8 hours or high for 4 hours.
4. Spoon stew into bowls to serve and top with a dollop of

fat-free or low-fat plain yogurt (optional).

Source: Del Norte DHHS. University of Kentucky EFNEP.